

Need another word that means the same as “nourishment”? Find 13 synonyms and 30 related words for “nourishment” in this overview.

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The synonyms of “Nourishment” are: aliment, alimentation, nutriment, nutrition, sustenance, victuals, food, fare, diet, daily bread, provisions, rations, means of keeping body and soul together

Nourishment as a Noun

Definitions of "Nourishment" as a noun

According to the [Oxford Dictionary of English](#), “nourishment” as a noun can have the following definitions:

- *The act of nourishing.*
- *A source of materials to nourish the body.*
- *The action of nourishing someone or something.*
- *The food necessary for growth, health, and good condition.*



Synonyms of "Nourishment" as a noun (13 Words)

aliment	Food; nourishment.
alimentation	A source of materials to nourish the body.
daily bread	A newspaper that is published every day.
diet	A special course of food to which a person restricts themselves, either to lose weight or for medical reasons. <i>Diet soft drinks.</i>
fare	The sum charged for riding in a public conveyance. <i>The taxi driver was anxious to pick up a fare.</i>
food	Any solid substance (as opposed to liquid) that is used as a source of nourishment. <i>We need food and water.</i>
means of keeping body and soul together	An instrumentality for accomplishing some end.

nutriment

A source of materials to nourish the body.
*The bees reprocess the food and extract the last particle of **nutriment** from it.*

nutrition

The branch of science that deals with nutrients and nutrition particularly in humans.
*A guide to good **nutrition**.*

provisions

A stipulated condition.

rations

The food allowance for one day (especially for service personnel).

sustenance

The maintaining of someone or something in life or existence.
*They were in want of **sustenance**.*

victuals

Any substance that can be used as food.



Usage Examples of "Nourishment" as a noun

- *Tubers from which plants obtain nourishment.*
- *Her nourishment of the orphans saved many lives.*
- *The nourishment of our bodies and of our minds.*

- *She was starved of emotional nourishment.*



Associations of "Nourishment" (30 Words)

calorie	The energy needed to raise the temperature of 1 kilogram of water through 1 C equal to one thousand small calories and often used to measure the energy value of foods.
comestible	Any substance that can be used as food. <i>A fridge groaning with comestibles.</i>
commissariat	A government department of the USSR before 1946.
<u>diet</u>	Put a person or animal on a special diet. <i>Screen violence is becoming the staple diet of the video generation.</i>
dietary	A regulated or restricted diet. <i>Dietary advice for healthy skin and hair.</i>
dietitian	A specialist in the study of nutrition.

<u>digest</u>	A substance or mixture obtained by digestion. <i>The computer digested your labours into a form understandable by a program.</i>
<u>edible</u>	Items of food. <i>The dinner was barely edible.</i>
feed	An actor who gives a feed to a fellow performer. <i>The island s simple agriculture could hardly feed its inhabitants.</i>
healthy	Having or indicating good health in body or mind; free from infirmity or disease. <i>A rosy healthy baby.</i>
ingestion	The process of taking food, drink, or another substance into the body by swallowing or absorbing it. <i>The effect of caffeine ingestion on exercise performance.</i>
<u>intake</u>	An act of taking something into the body. <i>A protective factor is the intake of cereal fibre.</i>
maintenance	Means of maintenance of a family or group. <i>Essential maintenance work.</i>
<u>nourish</u>	Provide with nourishment. <i>I was doing everything I could to nourish and protect the baby.</i>
nutrient	Any substance (such as a chemical element or inorganic compound) that can be taken in by a green plant and used in organic synthesis. <i>Fish is a source of many important nutrients including protein vitamins and minerals.</i>
nutriment	A source of materials to nourish the body. <i>The bees reprocess the food and extract the last particle of nutriment from it.</i>
<u>nutrition</u>	The branch of science that deals with nutrients and nutrition particularly in humans. <i>A guide to good nutrition.</i>
nutritional	Of or relating to or providing nutrition. <i>Nutritional deficiencies in the diet.</i>
nutritionist	A person who studies or is an expert in nutrition.
<u>nutritious</u>	Efficient as food; nourishing. <i>Home cooked burgers make a nutritious meal.</i>
nutritive	Relating to nutrition. <i>Nutritive food.</i>

provender	Food for domestic livestock. <i>There s no one to carry your provender in brown paper bags to the boot of your car.</i>
<u>regimen</u>	(medicine) a systematic plan for therapy (often including diet). <i>A regimen of one or two injections per day.</i>
<u>sustenance</u>	Food and drink regarded as a source of strength; nourishment. <i>They were in want of sustenance.</i>
<u>upkeep</u>	Financial or material support of a person or animal. <i>Payments for the children s upkeep.</i>
vegetarian	Relating to vegetarians or vegetarianism. <i>A vegetarian restaurant.</i>
victuals	Any substance that can be used as food.
vitamin	A pill containing a specified amount of a particular vitamin or vitamins taken as a dietary supplement. <i>Vitamin deficiency.</i>
<u>wholesome</u>	Conducive to or characterized by moral well-being. <i>Exercise develops wholesome appetites.</i>
wholesomeness	The quality of being beneficial and generally good for you.

